

# Jennifer Carroll

*A lifelong sailor with over a decade of experience instructing all ages in the sport of sailing.*

## Education

### Tufts University

B.S. Engineering Psychology 2007  
Magna Cum Laude  
De Florez Prize in Human Engineering

### Phillips Exeter Academy

Classical Diploma, 2003  
High Honors

## Sailing Experience – Instruction & Leadership:

**Consultant/Volunteer Coach.** Sailing Club of Virginia Tech, Radford, VA. Fall 2016, Spring 2017

- Assist with practice logistics and coaching boat handling and race strategy for ICSA MAISA club team.

**Race Committee Chair.** Claytor Lake Sailing Association, Radford, VA. 2015-2016

- Re-designed existing racing program and hosted clinics on Race Committee Management. Supervised racing and race management for all summer racing series, including running race committee for races. Scored all races and applied handicaps accordingly. Organized and hosted awards.

**Admin Assistant for Field Experiences.** Radford University, Radford, VA. Summer 2015.

- Safety liaison and assistant to the Chair for experiential learning courses in the Recreation, Parks & Tourism department. Accompanied RCPT 481: Tourism Institute Bahamas, a 9-credit college Tourism course, to the Bahamas and cruised with them for a week aboard a 57' custom catamaran. Provided boating safety expertise and oversaw safety, equipment and logistics.

**Private Coach.** Portsmouth, NH. Summers 2011-2012.

- Private lessons & regatta coaching for novice through advanced racing levels, ages 5-16. Optimist, Club 420, Turnabout (N-10), Laser, and Pearson 28.

**Sailing Instructor.** Great Island Yacht Club, Hyannis, MA. Summer 2007.

- Co-directed junior sailing program and instructed all levels, ages 7-16. Oversaw junior instructors.

**Head Instructor.** Sachem's Head Yacht Club, Guilford, CT. Summer 2006.

- Directed junior sailing program and instructed all levels of Optis and 420s, ages 8-15. Oversaw junior instructors. Additional instruction on Sonars and Lasers. Curricula included seamanship beyond typical sailing programs with content such as rowing.

**Race Coach.** Sachem's Head Yacht Club, Guilford, CT. Summer 2005.

- Instructed and traveled with the Team Race team (13-15 year olds) as well as taught all levels of Optimists and 420s (Beginning and Racing), ages 8-15. Additional instruction on Sonars and Lasers.

**Senior Instructor.** Stone Horse Yacht Club, Harwichport, MA. Summer 2004.

- Instructed Intermediate Optimist class as well as assisting with other junior classes including 4-6 year olds and 7-10 year old beginners and 420 beginning and racing classes. Additional instruction in Waterbugs.

**Instructor & Maintenance Staff.** Regatta Point Community Sailing, Worcester, MA. Summers 2001-2003.

- One-on-one and group class sailing instruction experience in all levels of Adult and Junior Programs as well as general basic sailboat & safety launch maintenance. Instruction on White 14s, Rhodes 19s, Flying Scot, Finn, SuperCat 17s. Curricula included seamanship beyond typical sailing programs with content such as splicing, navigation, and large-boat terminology.

## **Sailing Experience- Racing:**

**Tufts University Sailing Team** – Medford, MA. Fall 2003-Spring 2007

Varsity Member of Nationally Ranked team. Experience as skipper and crew on both Co-Ed and Women's teams.

- Named ICSA All-New England Crew (Spring 2006)
- Notable Regattas Include:
  - ICSA Women's National Championships, 2006 (11<sup>th</sup>) & 2007
  - Women's Atlantic Coast Championships, 2006 (5<sup>th</sup>)
  - Women's New England Championships, 2005 (5<sup>th</sup>)
- Boats Raced:
  - Lark, FJ, Club 420, Soling, Tech Dinghy, J22

**Regatta Point Community Sailing Junior Race Team** – Worcester, MA. 2000-2004

- Notable Regattas Include:
  - Various US Junior Olympic Sailing Festivals, New England area, 2002-2004. Skipper, Club 420.
  - Buzzards Bay Regatta, Marion, MA. 2004. Club 420.
- Boats Raced:
  - Club 420, Sonar, O'Day Daysailer, Mercury

**Phillips Exeter Academy Sailing Club** – Exeter, NH. 2002-2003. Founding member.

- Notable Regattas Include:
  - Northern New England High School Championships, Wolfeboro, NH. 2003. Skipper, Club 420.

## Skipper

- **Cape Cod Frosty.** Frosty Fleet 9 (Frostbiting), Portsmouth, NH. Winters (Nov-Apr) 2008-2013.
- **38-foot Ingrid** (William Atkins) wooden ketch. Eggemoggin Reach Regatta, Brooklin, ME. Annually 2004-2012.
- **Laser (Full-rig).**
  - Virginia Inland Sailing Association, Moneta, VA. Summers 2017-2019. Undefeated:
    - 2017 Laser Regatta, 2017 Fall Laser Regatta, 2019 Centerboard Invitational Regatta
  - Piscataqua Sailing Association Laser Fleet, Portsmouth, NH. Summers 2008-2009.

## Crew Roles

- **Trim & Tactics, Catalina 22.** Claytor Lake Sailing Association. Radford, VA. 2013-present.
  - Winner, Claytor Cup (Overall Season) – 2014, 2015, 2017, 2019
  - Numerous individual season place awards.
- **Bow, Lightning.** Virginia Inland Sailing Association, 2015 – present.
- **Trim & Tactics, 35' Joel White cutter.** Eggemoggin Reach Regatta, Brooklin, ME. 2015.
- **Foredeck, Cal 39.** PHRF New England Portsmouth Fleet, Piscataqua Sailing Association. Portsmouth, NH. Summers 2007-2014.
- **Foredeck, J24.** J24 Fleet 139, Piscataqua Sailing Association. Portsmouth, NH. Summers 2007-2013.
- **Crew, F-18.** Various New England catamaran races. Summer seasons 2006-2007. Events include:
  - Statue of Liberty Race
  - Lipton Cup
- **Foredeck, Sonar.** Sachem's Head Yacht Club. Guilford, CT. Summers 2006-2007.
- **Crew, V15.** Vanguard 15. Events include:
  - Mid-Winters (Fleet & Team Racing), Stuart, FL. 2006.
  - Sail Newport V-15 Fleet, Newport, RI. 2006.

## Sailing Experience- Cruising:

### New England Summer Cruising, 2011-Present

- Regional cruising throughout ME, NH and MA annually aboard the 36-foot Mariner sloop that I own with my husband.

### Bahamas Winter Cruise, 2010-2011

- In October 2010, my husband and I sailed our 36-foot sailboat from NH to the Bahamas and returned in July 2011 after 5 months of cruising in the islands for a total trip of 10 months. We then lived aboard summers 2011-2013.

### Circumnavigation, 1991-1996

- In 1996, I completed a 5-year global circumnavigation with my family aboard a 38-foot wooden ketch, visiting 27 countries. I lived aboard with my family 1988-1999.

## **Certifications & Safety**

- First Aid - American Red Cross
- CPR & AED for Adult, Child, Infant - American Red Cross
- Level 3 Small Boat Coach - USSailing
- Limited Master's (Launch Driver's) License – United States Coast Guard
- Lifetime Boater Safety – State of Virginia

## **Nautical Media**

### **Customized Yacht Club Learn-To-Sail Manual – Developed Summer 2011**

- 75-page color learn-to-sail manual comprehensively addresses sailing theory, points of sail, rigging, sailing maneuvers from tacking to docking and more advanced content such as how to use a spinnaker and trapeze. Designed for sailing school students age 8 through adult as a reference and teaching aid. Developed for Kittery Point Yacht Club in New Castle, NH, the manual includes custom artwork, photography, and content specific to the KPYC procedures, boats, and location, created with input and approval by instruction staff. I hold full rights to the material, and the manual can easily be adapted for other sailing programs in other locations and has accompanying t-shirt designs.

## **Personal Interests**

I am organized and detail-oriented. When I'm not sailing or otherwise on the water, I enjoy road biking, skiing, and dancing. I live on a lake and maintain an ever-growing collection of boats.